



Post-Op Instructions for Knee Arthroscopy

Call 9-1-1 IMMEDIATELY if you have:

- Chest pain
- Shortness of breath
- Change in vision or slurring speech

Call Dr. Horn's office if:

- You have a fever higher than 101 °F (38.3 °C)
- You have concerns about your incision (drainage, redness, swelling, warmth, severe pain, etc.)

Incision Care:

- You may remove your outer dressing after 3 days
 - You do not need to cover your incisions but if you have spotting you may use Band-Aids
 - **DO NOT** use antibiotic ointments on your incision (i.e. Neosporin)
 - **DO NOT** use lotions, oils, or any other product on your incision unless discussed with Dr. Horn's office
- Check your incision daily after removing dressing to make sure it is clean and dry
 - Bruising is normal near the surgical site. Mild bleeding from the incision is normal. Some patients may react to the solution used to sterilize the skin which can cause a rash. If you experience this, use Benadryl as directed
 - Numbness around the incision site is normal for the first couple of weeks

Showering/Hygiene:

- After 3 days, once your incision is closed and dry, you may shower and get your incision wet
- It is okay to GENTLY clean with soap and water if there is no bleeding or drainage coming from your incision
- **DO NOT** scrub your incision site
- **DO NOT** soak your incision in water (such as bathtub, hot tub, or swimming pool) until you are cleared by Dr. Horn

Medications:

- You were given an instruction list for your post-op medications. Follow those instructions. If you have questions or concerns, contact the office

Physical Therapy and Regaining Your Motion:

- Begin range of motion by gently flexing and extending the leg
- It is important to start range of motion as soon as possible so that the knee does not get stiff.
- No heavy lifting or strenuous exercise
- You may be weight bearing as tolerated with crutches or a walker
- You may discontinue your crutches or walker when you feel comfortable and have regained confidence in your knee
- When lying or sitting, it may help to reduce swelling by elevating your leg
- Ice and/or heat may be applied to your knee to reduce pain and swelling

Driving:

- **DO NOT** drive while under the influence of narcotic medication

Preventing Constipation:

- You may become constipated because of your pain medications, dehydration, and reduced activity
- To prevent constipation:
 - Purchase an over-the-counter stool softener and/or laxative to use before and after your surgery
 - Drink at least 8 glasses of water each day
 - Eat more fiber from fruits, vegetables, and whole grains

Miscellaneous

- **DO NOT** take chances, i.e. be careful on uneven ground, ice and snow, tile and waxed floors
- **DO NOT** use a bathtub, hot tub, or swimming pool for at least 1 month. It is best to check with Dr. Horn first to confirm your incision is completely healed
- Keep incision clean
- If you have questions or concerns, call our office at **281-837-8550**

Post-op Follow Up Appointments

- We would like to see you in our office about **7-10 days** (unless told otherwise) after you are discharged. If you have not heard from our office within 24-48 hours of leaving the hospital, please call our office at **281-837-8550** to schedule that appointment.